

Four Week Afterschool Snack Sample Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Mixed Berries Milk	Watermelon Milk	Sliced peaches and cottage cheese	Plums and low-fat yogurt	Sweet potato muffins Milk
Sweet red peppers and cucumber tray with low-fat dip	Cantaloupe Milk	Cherry and grape tomatoes Cheese sticks	Small pears Milk	Corn salad or roasted herb corn on the cob Milk
Local celery, raisins and cream cheese	Peach crunchy oat bar Milk	Strawberries Milk	Pickled beets and celery sticks Milk	Carrot salad Milk
Berry muffins Milk	Local cheese cubes and whole wheat crackers	Fresh salsa with baked chips Milk	Broccoli and cheese	Apple slices or natural no- sugar added apple sauce Milk

Sample menu courtesy of The Food Trust. www.thefoodtrust.org

Four Week Lunch or Supper Sample Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Spaghetti w/ marinara sauce Meat balls Garden salad Strawberries Milk	Baked chicken Whole wheat roll Cucumber sticks Sliced peaches Milk	Turkey sandwich wrap Peas Apples Milk	Vegetable pizza Fresh green beans Grapes Milk	Bean and cheese burrito Corn Watermelon Milk
Tuna salad in pita pocket Snow peas Melon chunks Milk	Deli turkey sandwich on whole wheat bread Sliced fresh tomatoes and lettuce Orange slices Milk	Vegetable lasagna Green beans Whole wheat toast Apple slices Milk	Macaroni and cheese Green beans Carrot sticks w/ low-fat dipping sauce Milk	Italian dunkers with meat dipping sauce Pineapple chunks Garden salad Milk
Chicken fajita w/ salsa Green beans Cantaloupe Milk	Rotini w/ spaghetti meat sauce Diced pears Baby carrots Milk	Chicken noodle soup w/ grilled cheese sandwich Grapes Carrot sticks Milk	Peanut butter sandwich on whole wheat bread Blueberries Celery sticks Milk	Ham and cheese on whole wheat bread Sweet potato sticks Orange slices Milk
Turkey pot pie Whole wheat roll Raspberries Green beans Milk	Teriyaki beef strips Rice pilaf Strawberries Mixed vegetables Milk	Chile con carne with beans Cornbread Apples Cucumber slices Milk	Tomato soup with quesadilla Green beans Sliced pears Milk	Garden salad w/ tofu Blueberries Whole wheat roll Milk

Contributions to sample menu made by Ray Denniston, Food Service Director for
Johnson City Schools, NY